

PE Long Term Plan 2022/23 – Cycle B

Class/Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception Eaglets	Dance with Sports Cool – Developing short, simple sequences	Gymnastics with Sports Cool – Exploring large and small body shapes	The Hungry Caterpillar Dance and Mr Men and Little Miss Dance – A* Consultancy – Move in a range of movement patterns	EYFS Gymnastics – A* Consultancy - Travelling	Dance with Sports Cool – Use imagination to move on different levels and in different directions	Gymnastics with Sports Cool – Exploring balances, basic rolls and simple jumps
	Outdoor Games with Wigan Athletic – Fundamental movement skills – control and coordination in large and small movements -BALANCE	Outdoor Games with Wigan Athletic – Fundamental movement skills – control and coordination in large and small movements -FLUENCY	Outdoor Games with Wigan Athletic – Fundamental movement skills – move confidently in a range of ways, safely negotiating space and controlling and manipulating objects -CONTROLLING EQUIPMENT	Outdoor Games with Wigan Athletic – Fundamental movement skills – move confidently in a range of ways, safely negotiating space and controlling and manipulating objects -CONTROLLING DIFFERENT SIZED EQUIPMENT	Outdoor Games with Wigan Athletic – Work as part of a group or class and understand and follow the rules -COMPETITIVE GAMES – WORKING INDEPENDENTLY	Outdoor Games with Wigan Athletic – Work as part of a group or class and understand and follow the rules -COMPETITIVE GAMES – WORKING IN A TEAM

Year 1 Sparrows	Dance with Sports Cool – Copy routines with simple actions	Gymnastics with Sports Cool – Holding large and small body shapes in position	African Dance – A* Consultancy – Create shapes and moves in response to a stimulus	Y1 Gymnastics – A* Consultancy – Travelling and holding shapes	Dance with Sports Cool – Work with a partner	Gymnastics with Sports Cool – Linking 3 actions in a sequence
	Outdoor Games with Wigan Athletic - Fundamental movement skills to improve balance and coordination -SENDING AND RECEIVING GAMES	Outdoor Games with Wigan Athletic - Fundamental movement skills developing simple movement patterns -DEVELOPING JUMPS	Outdoor Games with Wigan Athletic - Fundamental movement skills developing coordination individually and with others -SENDING AND RECEIVING WITHIN GAMES	Outdoor Games with Wigan Athletic - Fundamental movement skills developing coordination and agility -INVASION GAMES	Outdoor Games with Wigan Athletic - Fundamental movement skills developing agility both individually and with others -INVASION GAMES AS PART OF A TEAM	Outdoor Games with Wigan Athletic - Participate in team games developing simple tactics -DEVELOPING OWN TACTICS

Year 2 – Robins and Wagtails	Dance with Sports Cool – Copy routines with simple actions	Gymnastics with Sports Cool – Holding large and small body shapes in position	African Dance – A* Consultancy - Create shapes and moves in response to a stimulus	Year 2 – Gymnastics – A* Consultancy – Travelling and rolling	Dance with Sports Cool – Work with a partner	Gymnastics with Sports Cool – Linking 3 actions in a sequence
	Outdoor Games with Wigan Athletic - Fundamental movement skills to improve balance and coordination -SENDING AND RECEIVING GAMES	Outdoor Games with Wigan Athletic - Fundamental movement skills developing simple movement patterns -DEVELOPING JUMPS	Outdoor Games with Wigan Athletic - Fundamental movement skills developing coordination individually and with others -SENDING AND RECEIVING IN GAMES	Outdoor Games with Wigan Athletic - Fundamental movement skills developing coordination and agility -INVASION GAMES	Outdoor Games with Wigan Athletic - Fundamental movement skills developing agility both individually and with others -INVASION GAMES AS PART OF A TEAM	Outdoor Games with Wigan Athletic - Participate in team games developing simple tactics -DEVELOPING OWN TACTICS

Year 3 - Blackbirds	Swimming		Dance with Sports Cool – Work in small groups	Gymnastics with Sports Cool – Link 6 actions in a sequence	Ancient Egypt Dance – A* Consultancy – Chose and link actions to make short dance phrases	Year 4 Gymnastics – A* Consultancy – Balancing and travelling
	Outdoor Games with Wigan Athletic – Take part in indoor and outdoor adventurous activities including individual and team challenges -OAA	Outdoor Games with Wigan Athletic – Develop flexibility, control and balance in athletic type activities -ATHLETICS	Outdoor Games with Wigan Athletic – Use throwing and catching in combination and isolation -THROWING AND CATCHING MODIFIED GAMES	Outdoor Games with Wigan Athletic – Use throwing and catching within competitive games -INVASION GAMES	Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities -ATTACKING AND DEFENDING	Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities - STRIKING AND FIELDING

Year 3/4 - Starlings	Dance with Sports Cool – Work in small groups	Gymnastics with Sports Cool – Link 6 actions in a sequence	Swimming	Swimming	Ancient Egypt Dance – A* Consultancy - Chose and link actions to make short dance phrases	Year 4 Gymnastics – A* Consultancy - Balancing and travelling
	Outdoor Games with Wigan Athletic – Take part in indoor and outdoor adventurous activities including individual and team challenges -OAA	Outdoor Games with Wigan Athletic – Develop flexibility, control and balance in athletic type activities -ATHLETICS	Outdoor Games with Wigan Athletic – Use throwing and catching in combination and isolation -THROWING AND CATCHING MODIFIED GAMES	Outdoor Games with Wigan Athletic – Use throwing and catching within competitive games -INVASION GAMES	Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities -ATTACKING AND DEFENDING	Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities - STRIKING AND FIELDING

Year 4 - Magpies	Ancient Egypt Dance – A* Consultancy - Chose and link actions to make short dance phrases	Year 4 Gymnastics – A* Consultancy - Balancing and travelling	Dance with Sports Cool – Work in small groups	Gymnastics with Sports Cool – Link 6 actions in a sequence	Swimming	Swimming
	Outdoor Games with Wigan Athletic – Take part in indoor and outdoor adventurous activities including individual and team challenges -OAA	Outdoor Games with Wigan Athletic – Develop flexibility, control and balance in athletic type activities -ATHLETICS	Outdoor Games with Wigan Athletic - – Use throwing and catching in combination and isolation -THROWING AND CATCHING MODIFIED GAMES	Outdoor Games with Wigan Athletic – Use throwing and catching within competitive games -INVASION GAMES	Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities -ATTACKING AND DEFENDING	Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities - STRIKING AND FIELDING

Year 5 - Seagulls	Electricity Dance – A* Consultancy – Work on performance skills	Year 6 Gymnastics – Lessons 1-6 – A* Consultancy – Flight and symmetry and asymmetry	Dance with Sports Cool – Attempt routines with more complex moves	Gymnastics with Sports Cool – Partner and group balances	Dance with Sports Cool - Work in larger groups	Gymnastics with Sports Cool – Link 9 actions in a sequence
	Outdoor Games with Wigan Athletic – Develop flexibility, strength, technique, control and balance and compare performances -ATHLETICS	Outdoor Games with Wigan Athletic – Develop flexibility, strength, technique, control and balance and set individual goals and targets -ATHLETICS	Outdoor Games with Wigan Athletic – Apply and develop a broad range of skills whilst competing with others -ATTACKING AND DEFENDING	Outdoor Games with Wigan Athletic – Apply and develop a broad range of skills whilst competing with others -ATTACKING AND DEFENDING	Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities -STRIKING AND FIELDING	Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities -STRIKING AND FIELDING

Year 5/6 - Owls	Electricity Dance – A* Consultancy - Work on performance skills	Year 6 Gymnastics – Lessons 1-5 – A* Consultancy - Flight and symmetry and asymmetry	Dance with Sports Cool – Working in larger groups	Gymnastics with Sports Cool – Link 9 actions in a sequence	Sporting Actions – A* Consultancy – Link moves together and keep to a beat	Year 6 Gymnastics – Lessons 6-10 – A* Consultancy – Flight onto and off apparatus
	Outdoor Games with Wigan Athletic – Develop flexibility, strength, technique, control and balance and compare performances -ATHLETICS	Outdoor Games with Wigan Athletic – Develop flexibility, strength, technique, control and balance and set individual goals and targets -ATHLETICS	Outdoor Games with Wigan Athletic – Apply and develop a broad range of skills whilst competing with others -ATTACKING AND DEFENDING	Outdoor Games with Wigan Athletic – Apply and develop a broad range of skills whilst competing with others -ATTACKING AND DEFENDING	Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities -STRIKING AND FIELDING	Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities -STRIKING AND FIELDING

Year 6 - Eagles	Electricity Dance – A* Consultancy - Work on performance skills	Year 6 Gymnastics – Lessons 1-5 – A* Consultancy - Flight and symmetry and asymmetry	Dance with Sports Cool – Working in larger groups	Gymnastics with Sports Cool – Link 9 actions in a sequence	Sporting Actions – A* Consultancy – Link moves together and keep to a beat	Year 6 Gymnastics – Lessons 6-10 – A* Consultancy – Flight onto and off apparatus
	Outdoor Games with Wigan Athletic – Develop flexibility, strength, technique, control and balance and compare performances -ATHLETICS	Outdoor Games with Wigan Athletic – Develop flexibility, strength, technique, control and balance and set individual goals and targets -ATHLETICS	Outdoor Games with Wigan Athletic – Apply and develop a broad range of skills whilst competing with others -ATTACKING AND DEFENDING	Outdoor Games with Wigan Athletic – Apply and develop a broad range of skills whilst competing with others -ATTACKING AND DEFENDING	Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities -STRIKING AND FIELDING	Outdoor Games with Wigan Athletic – Play competitive games whilst communicating and competing with others in different physical activities -STRIKING AND FIELDING

Gymnastics

Dance

Outdoor Games